

Allergen- Free Menu (Double check all ingredients!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	breakfast burrito- corn tortilla, *jennie-o turkey	*gluten free toast *sun butter/bananas	*Rice Chex *Coconut milk	breakfast burrito- corn tortilla, *jennie-o turkey sausage, salsa,	*dairy free yogurt bar toppings: oats, dried fruit	*gluten free toast *sun butter/bananas
***This menu is generalized. ALWAYS check labels to ensure absence of allergens and safety of campers	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water
Allergens in Yellow	Jennie-o-turkey gluten free oatmeal	allergen free bread Sunbutter gluten free oatmeal	Rice Chex coconut milk gluten free oatmeal	Jennie-o-turkey gluten free oatmeal	Coconut yogurt gluten free oatmeal	allergen free bread Sunbutter gluten free oatmeal
	Extra Meal					
	*Jennie-O Turkey Burger, *allergen free roll hot non-starchy vegetable cut fruit *salad bar Baked Chips water	grilled chicken strips brown rice with mexican seasoning (cumin, chili powder, etc) and hot non-starchy vegetable cut fruit *salad bar dessert- 100% fruit smoothies water/ juice	*Jennie-o Turkey, *Tortilla shell wrap lettuce, tomato, onion, etc hot non-starchy vegetable cut fruit *salad bar baked chips water	pork chops mashed potatoes hot non-starchy vegetable cut fruit *salad bar water/ juice	chicken tacos on corn tortilla fixings: salsa, lettuce, tomatoes, refried beans hot non-starchy vegetable cut fruit *salad bar dessert: jello with fruit water	lemon chicken *baked potato- be careful with butter cooked carrots cut fruit salad bar *dessert: popsicle water/ juice
	Jennie-o-turkey allergen-free rolls salad dressing	salad dressing	Jennie-o-turkey *needs to be a corn tortilla wrap salad dressing	salad dressing	salad dressing	butter allergen-free popsicles
*jennie-o turkey mashed pot, made with olive oil and water hot non-starchy veggie *salad bar fresh fruit water	*jennie-o ham sandwich on* allergen free roll 1/2 baked sweet potato hot non-starchy vegetable *salad bar *warm apples with oats, cinnamon, brown sugar water	*Brown Rice and chicken stirfry hot non-starchy vegetable *salad Bar fresh fruit water	Brown rice pasta lean ground beef sauce hot non-starchy vegetable *salad bar cut watermelon slices water	Grilled porkchop (fresh) baked potato hot non-starchy vegetable *salad bar Banana bar (sprinkles, marshmallow) water	*chicken bbq brown rice noodles with olive oil and parsley *baked beans hot non-starchy vegetable *salad bar fresh fruit water	<p>Disclosure: This menu attempts to exclude the 8 major allergens (gluten, dairy, soy, egg, peanuts, tree nuts, fish, shell fish). However, products change and ingredients vary. Check all labels to ensure compliance with allergies.</p> <p style="text-align: right;">ED. LON</p>
Jennie-o-turkey salad dressing	Jennie-o-turkey allergen-free rolls salad dressing *use gluten free oats	imitation soy sauce salad dressing	salad dressing	salad dressing	BBQ sauce Baked beans salad dressing	

Vegan Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***This menu is generalized. ALWAYS check labels to ensure diet adherence and safety of campers</p>	<p>*toast *peanutbutter</p> <p>oatmeal hand fruit chopped fruit/ seeds water/ soy milk</p>	<p>*dairy free yogurt bar toppings: oats, dried fruits, nuts</p> <p>oatmeal hand fruit chopped fruit/ seeds water</p>	<p>*toast with refried beans and mashed avocado</p> <p>oatmeal hand fruit chopped fruits/ seeds water/ soy milk</p>	<p>cheerios *soy milk</p> <p>oatmeal hand fruit chopped fruit/ seeds water</p>	<p>*baked oatmeal *coconut/ soy milk</p> <p>hand fruit chopped fruit/ seeds water</p>	<p>*toast peanutbutter</p> <p>oatmeal hand fruit chopped fruit/ seeds water/soy milk</p>
	<p>additional notes:</p> <p>vegan bread</p> <p>*most types of peanutbutter are vegan friendly; if allergies are a concern use sunbutter</p>	<p>dairy-free yogurt</p>	<p>vegan bread</p>	<p>soy milk</p>	<p>*can add nuts to the oatmeal for protein</p> <p>*the baked oatmeal should be okay without an egg substitue soy milk</p>	<p>vegan bread</p>
						extra meal:
	<p>bean burrito- *tortilla fixings: brown rice, avocado, salsa</p> <p>hot non-starchy vegetable *salad bar</p> <p>cut fruit water</p>	<p>quinoa salad components: quinoa, italian dressing, celery</p> <p>hot non-starchy vegetable *salad bar</p> <p>baked chips cut fruit water</p>	<p>*vegan minestrone soup</p> <p>*dinner rolls</p> <p>hot non-starchy vegetable *salad bar</p> <p>dessert: fruit and soy whipped cream cut fruit water</p>	<p>*peanutbutter and jelly sandwiches</p> <p>*dairy-free yogurt hot non-starchy vegetable</p> <p>*salad bar cut fruit water</p>	<p>rice and bean taco bowl toppings: lettuce, salsa, *tortilla chips</p> <p>hot non-starchy vegetable *salad bar</p> <p>dessert: warm apples, cinnamon, oats, brown sugar cut fruit water</p>	<p>soybean burger</p> <p>*whole wheat bun fixings: tomatos, onions, etc.</p> <p>hot non-starchy vegetable</p> <p>*salad bar fresh fruit water</p>
	<p>*corn tortillas are vegan friendly salad dressing</p>	<p>salad dressing</p>	<p>vegan minestrone soup vegan thin rolls salad dressing</p>	<p>vegan bread dairy-free yogurt salad dressing</p>	<p>*corn tortilla chips are vegan friendly salad dressing</p>	<p>vegan thin rolls salad dressing</p>
<p>taco salad- beans instead of mea fixings: lettuce, salsa, *plain- dairy free yogurt can be used instead of sour cream</p> <p>*salad bar fresh fruit applesauce water</p>	<p>veggie burger</p> <p>*hamburger roll hot non-starchy vegetable</p> <p>*salad bar fresh fruit dessert: banana bar water</p>	<p>*whole wheat pasta</p> <p>tomato sauce hot non-starchy vegetable veggie chicken pattie</p> <p>*salad bar applesauce water</p>	<p>bean chilli</p> <p>baked potato hot non-starchy vegetable</p> <p>*salad bar fresh fruit water</p>	<p>*tofu/ veggie stir fry components: brown rice, tofu, grilled veggies</p> <p>*salad bar fresh fruit dessert: fruit popsicles water</p>	<p>veggie meatballs</p> <p>*whole wheat spaghetti tomato sauce</p> <p>*salad bar fresh fruit water</p>	<p>Disclosure: This menu attempts to exclude animal products. However, products change and ingredients vary. Check all labels to ensure compliance with diet.</p> <p style="text-align: right;"><i>ES</i> ED, LON</p>
<p>plain yogurt salad dressing</p>	<p>vegan thin rolls salad dressing</p>	<p>*most pasta is vegan friendly- check label salad dressing</p>	<p>salad dressing</p>	<p>how to cook tofu salad dressing</p>	<p>*most spaghetti noodles are vegan friendly- check label salad dressing</p>	